

What is ICAC?

The Ironbound Children's Asthma Campaign (ICAC) is led by a team of Ironbound residents, health care providers and local government and business representatives. The ICAC team is dedicated to addressing the respiratory health needs of the children in the community and the environmental factors that trigger their asthma.

Did you know?

- ❶ Asthma rates in Newark are 3-4 times higher than the overall state rates.
(Urban Health Institute, 1998)
- ❷ Every year approximately 5,000 people die from asthma.
(www.allergy.org/nimiron/aaail/enavold.html)
- ❸ Out of the 17 million Americans affected by asthma, up to 6 million of those are children.
- ❹ Asthma is the leading chronic illness of children in the United States and the leading cause of school absenteeism.
- ❺ Most children with asthma are able to lead full and active lives when their disease is managed properly.

Ironbound Community Corporation
Asthma Campaign
51 McWhorter Street
Newark, NJ 07105

IRONBOUND Child Asthma Campaign



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Asthma Busters Express

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What is Asthma?

Asthma is a chronic lung disease that comes and goes. It has no cure, but can be controlled. During an asthma attack, the airways to the lungs become inflamed and swollen. Breathing becomes more difficult as the airways narrow and tighten from swelling. Asthma is caused by a number of things called **asthma triggers**. Some triggers are products that get into your lungs and irritate your airways.

What are Asthma Triggers?

Certain things cause or trigger asthma attacks or make asthma worse.

These include:

- Infection in the airways:
 - Viral infections of the ear, nose & throat.
 - Other infections such as pneumonia.
- Things in the environment:
 - Irritants in the air (air pollution)
 - Cigarette smoke
 - Sudden changes in the weather
- Things which your child may be allergic to:
 - Pollens
 - Dust (house dust mites)
 - Animal dander or fur
- Exercise
 - Heavy intense breathing
 - Physical stress
- Emotional Stress
 - Anxiety and breathing too much



How do you know if your child has Asthma?

To detect whether your child has asthma, look for the following symptoms:

- Shortness of breath
- Wheezing
- Tightness in the chest
- Ongoing or persistent cough

ICAC is for you!!!

You can get involved in the many programs and activities that are being developed by the ICAC team. This campaign is for the community, so here is what you can do:

- Become an Asthma Buster for your community and be a leader, trainer and educator on important asthma issues.
- Help clean up the air, become an air pollution monitor in your neighborhood.

For more information:

- How to become an Asthma Buster
- How to reduce the asthma triggers in your home
- What asthma health care and educational services are available to you and your child
- How to reserve an asthma presentation for your school, parent organization, church or civic association
- What your child's school can do to help
- How to become a Neighborhood Air Pollution Monitor

Please contact:

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